



The Bulletin

75th Division (Exercise), Houston, Texas 77054

March 1996

Recruit, Recruit, Recruit! Take Care of Our Soldiers CSM Holland

75th Division Has Proud History

By CPT Wayne Marotto

HOUSTON-The 75th Infantry Division last December marked the fifty-first anniversary of one of the most important battles of World War II. It was in December 1944, when a desperate Adolf Hitler launched the last major German military offensive in the Western Front. This battle, which was to last from December 16, 1944 until January 24, 1945, was to become the largest land battle of World War II and was to forever be known as the Battle of the Bulge.

It was early in the morning hours of December 16, 1944, when the Nazi military roared out of the Ardennes Forest of Belgium. Their aim was to divide the Americans and the British and retake the vital seaport of Antwerp. The Nazis attacked with such speed and ferocity, that the unsuspecting Allied soldiers were initially beaten back, and thus the Nazis created a 'bulge' in the Western Front.

This battle would test the U.S. soldier's indomitable will to fight and to survive. The majority of the soldiers in the Ardennes (the 4th and 28th Divisions) were there to rest and recuperate. The 106th and 99th Divisions were so new to combat, that they were specifically sent to this area to acclimate themselves to combat prior to actually entering combat. Many members of the veteran combat groups jokingly told the green troops that they were lucky to be in the Ardennes, because it would be a picnic. The terrain was so filled with trees, that from the highest command to the lowest private, they did not believe that the Nazis would attempt to fight in the area. Thus, the stage was set for a surprise of enormous

consequence. The fate of World War II rested in the hands of unsuspecting Allied soldiers, many of whom had never experienced combat, and would now be facing the best of the German Army.

The 75th Infantry Division played an integral role in the Battle of the Bulge. For the vast majority of the soldiers this battle would be their first experience with combat. The 75th was so green and young, they were dubbed the 'Diaper Division'. But, inexperience could not be excused, because the Nazis had attacked the unsuspecting Allied troops with a tremendous blow. The Nazis had quickly created a huge bulge in the Allied line, enveloping entire Army



US Army at the Battle of the Bulge

units.

Having arrived in France on December 13, 1944, the 75th was to have been assigned to the 9th U.S. Army. But as fate would have it, the Germans began an all-out offensive in Belgium. The 75th Infantry Division was rushed to the front lines and took up positions along the Ourthe River in Eastern Belgium, on December 23, 1944. The situation was not clear and confusion reigned. The Nazis were reported to be everywhere, and it appeared to the U.S. soldiers, that indeed, they were. The only clear mission the US soldiers had was to hold the line, but most did not know where the line was. The men were clear of one thing however, and that was the effect of the bitter cold due to an unusually bitter winter storm and to inadequate cold weather clothing.

PFC William R. Marr of CO. D, 289th IN, described his experience, "for hours we tried to keep warm by burrowing into the recesses of our overcoats as we lay in small groups on the frozen ground and stared up at the stars. It was Christmas Eve, 1944. Someone started to hum a few notes from a Christmas carol and broke off abruptly at 'All is calm... peace on Earth.' He just stopped and grunted".

The fighting in the Ardennes was both very bloody and a bitter cold experience. The 75th captured Grandmenil on December 26, 1944, against heavy German resistance. There were blinding snow storms and heavy storm drifting which added to the terrain difficulties. The eyes of the world were focused on this geographical point, against which two combat teams threw their might. There could have been no more historic moment for the men of the 75th Infantry Division to join the battle.

By January 22, 1945, the 75th Infantry Division had cleared the Grand Bois (woods), and captured Aldringen on the 24th. After reaching St. Vith the 75th pulled out of the line for a short rest. The Bulge was no more. The threat to the allies was ended and the Germans were driven back behind the Siegfried Line.

The role the 75th played was described this way, "The 75th had fought with the finest division in the American Army. It engaged the best in the Hitler fold and had emerged victorious, an integral part of the Allied team. Green at the outset, but veterans at the finish, men of the 75th never will forget the glorious fight and spirit of their comrades."

No longer the 'Diaper Division', the 75th now earned the nickname the 'Bulge Busters'.

**Recruit, Recruit, Recruit
Train, Train, Train
Take Care of our soldiers!**

CSM Holland

Chaplain's Corner

By Chaplain Ronald V. Duncan

"America's Army Core Values"

General Dennis Reimer, on January 3, 1995, sent a letter to the major commanders with the subject entitled, "The Army's Moral Leadership Training Program." His Unit Ministry Teams in the Army are the commander's principal staff to conduct moral leadership training. This has been the case for some years. The interesting note however, is that the current situation is calling for a renewed effort in this arena.

If the Army is a microcosm of our society, then perhaps it is obvious that the need for renewed teaching and training of values is a necessary emphasis. With the values and standards being followed today, there seems to be the lack of a common moral ground that is followed by the majority of Americans. Some analysts have determined the cause to lay at the feet of the family or lack thereof. If the basic unit of all societies is the family, then the tasks of establishing a moral fiber begins in the family. If families fail in this responsibility, then the offspring fill this void with street values, movie values, peer values, and media values. Without a standard, the values chosen are often selfish, misdirected, in conflict, immature, and detrimental to society.

Individuals that enter the Army are then faced with a tremendous conflict of values from what they know to what the Army believes is essential in providing a fighting force. Army Core Values of dedication courage, integrity, family, loyalty, discipline, patriotism, moral leadership and standards, and selflessness are new ideas for many. Therefore, when teamwork and hard work are called for, the new recruit is struggling with new skills and new thoughts.

What then do we do? I have several suggestions:

1. Do your job in your family in establishing a moral standard.
2. Live by the standard.
3. Help some child or teen that is struggling with values.
4. Practice the highest ethics in your business dealings.
5. Stand up for a strong moral fiber in our nation.

All nations in the history of humanity have had to struggle with changing moral values. History tells us that when the standards dip too low, the society will disintegrate. No one knows exactly where that "low line" is, but many believe we are closer to it than is healthy. Let's determine to go in the upward direction. God bless America.

First Battalion Prepares for OC Certification Course

By CPT Wayne Marotto

HOUSTON-For the fourth time in eighteen months, the First Battalion will conduct the Observer Controller (OC) Certification Course. The OC course will be held at Fort Polk, LA., from March 2 to March 8, 1996.

LTC Price will again lead the First Battalion, with Major DeLeon as the Project Officer, in certifying over sixty soldiers, from the 75th DIV (E). There will be First Battalion soldiers as Instructors, as well as instructors from the Third Battalion, and from the Active-Duty soldiers assigned to the 75th DIV (E).

In September, 1995, the First Battalion conducted a highly successful OC course at Fort Polk certifying over sixty students. There were students from each

Brigade, with several as far away as St. Louis, MO. The First Battalion soldiers did the majority of the instructing, with help from the Third Battalion, and the 3rd Brigade from Dallas.

All soldiers of the 75th DIV(E) must complete the Observer Controller certifying process. Soldiers must complete and pass 12 Core Subjects in order to be an OC on a LANES Training Exercise. Many of the OC's at the Call Forward Exercise at Fort Bliss, TX, in July 1995, were recent graduates from the First Battalion's OC Course in April, 1995, at Fort Polk, LA.

The students will complete a rigorous six-day course of classes in order to be OC qualified. The First Battalion will teach the students to have confidence and knowledge in their abilities to observe, control, and train soldiers in a LANES training environment. The classes include an eight-hour block of instructions on how to conduct an After Action Review (AAR); Commo classes; Troop Leading procedures; Exercise Safety; and the LANES Training Exercise (LTX). At the end of the course, the students must pass a comprehensive final exam in order to be OC qualified. All soldiers are anticipating a hectic time, but all know good training will be conducted.



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Surgeon's Medicine Cabinet

By LTC Ralph Morris,
75th Division Surgeon

"Self-Care and Health"

Doctors have traditionally relied on three basic tools to treat people; surgery, medicine, and self-care. Until recently, self-care has received little attention in the health care field as a means of taking care of ourselves. In 1981, the Surgeon General said, "You, the individual, can do more for your health and well-being than any doctor, hospital, drug, or any exotic medical device." Indeed, self care is the key to a long healthy life.

Knowing how to treat minor cuts, bruises, and colds are a part of every day life. Knowing when to have periodic monitoring for high blood pressure, cancer of the breast, glaucoma, or when to go to a health professional is the cornerstone to good health. Studies have shown that people are willing to accept more responsibility for staying healthy than they are for illness or injury.

Important areas for self-care include owning and using basic home references, as well as remedies for symptoms of common acute conditions and emergencies. Examples include using ice on a bee sting, elevating a swollen foot, using a cool sponge bath to bring down a fever, recognizing the severity of a burn, knowing how to use an over-the-counter emetic, and applying emergency techniques to stop bleeding.

Self-care also includes seeking early medical treatment of conditions that are beyond the scope of self-care (e.g., loss of feeling following an extremity injury, "heartburn" accompanied by tightness in the chest and shortness of breath) and knowing how to manage chronic conditions.

Additionally, self-care means identifying preventable health risks and choosing healthy lifestyles practices. Health habits such as physical fitness, good nutrition, stress management, and tobacco cessation are essential aspects of self-care. Self-care also means using good safety practices at home, at work, and while riding in or driving a car. These practices include proper storage of medications and household products, reporting of unsafe conditions at work, and wearing your seatbelts.

As we move away from the "illness" model of health care to a "wellness" model, self-care becomes a critical prevention strategy. Learning about self-care provides you with the framework for incorporating health promotion into your daily life and becoming a knowledgeable health-care consumer.

Remember, your health is your responsibility. It's up to you! Take care of yourself!

Speaking of Health

Since 1992, about 180,000 veterans have sought treatment from Department of Veterans Affairs medical facilities for ailments believed to have resulted from exposure to toxic substances during the Persian Gulf War. A law that expired Dec. 31 gave Gulf War veterans priority access to care, even though there is no proven link between their ailments and military service.

The Senate passed legislation Jan. 5 that would extend priority treatment for Gulf War veterans for another year. The extension is included in S 991, a bill that also extends other veterans programs that are about to expire.

The bill also needs approval from the House, which may not happen until the end of January. In the meantime, the VA continues to treat veterans who think they have Persian Gulf-related illnesses as priority outpatients.

383RD Regiment Selects New FSG Volunteer

Third Battalion's 383RD Regiment recently selected Brenda Henderson as their new Family Support Core Volunteer. LTC Jim Ford and CSM Murphy introduced Ms. Henderson during the December Drill. Brenda gave an overview of what family support is and asked for spousal Support. The Family Readiness Group is still in its organizational stages, however, a total of eight names were identified as volunteers during their December drill Annual Christmas party. The events of the day also included delicious desserts and a visit from Santa Claus, who collected the children's wish list, and gave surprise gifts to all the children. Ms. Henderson said that the next two months will be planning and coordination months for 3RD Battalions Family Support Group.

RC Commissary and PX privileges are often misunderstood.

The commissary privilege is a key benefit for members of the Army National Guard and U.S Army Reserve. In general, all reserve component members who fulfill their annual requirements for reserve duty have commissary privileges. The commissary benefit is usually limited. But there is one exception, RC soldiers on active-duty have unlimited commissary privileges. They and their family members may shop at the commissary as often as they desire by showing their ID card and the member's active-duty orders.

When not on active-duty, members and families are authorized up to 12 days of discretionary shopping during each calendar year with their ID card and **U.S. Armed Forces Commissary Privilege Card (DD**

Form 2529). Gray area members of the Guard and Reserve (those who have been transferred to the retired reserve but have not reached age 60) may also shop with an ID card and commissary privilege card up to 12 days each calendar year. Drilling reservist have their ID card privilege issued by local units. Other eligible members of the reserve components receive their cards directly from the Army Reserve Personnel Center. Status of forces agreements may prohibit RC members from shopping in overseas commissaries unless they are on active duty.

Commissaries provide an income benefit through savings on purchases of food and household items. When shopping at the commissary, customers buy products at cost, plus a 5 % percent surcharge, and pay no sales tax. Surveys show they average 23.4 percent savings when compared with commercial retail food stores. Additional savings come from special sales and use of coupons.

The Smallest American Army

By MSG Gordon Rottman,

With the downsizing of the U.S. Army in the news and the fact that the Army has been reduced to its smallest size since 1945, its interesting to note that at one time the Army consisted of only 80 officers and men. George Washington resigned as commander of the Continental Army two days before Christmas, 1783. In less than a year the Continental Army was reduced from almost 400,000 soldiers to a mere 700. Congress soon declared this small force to be "inconsistent with the principals of republican governments, dangerous to the liberties of a free people." The Army was further reduced to 80 soldiers. They were called Alexander Hamilton's Provisional Company of Artillery (this was before companies were lettered and before the term battery was adopted by the artillery). It was commanded by one captain with 25 men at Fort Pitt and 55 at West Point, NY assigned to guard weapons and military stores. The republic's states continued to maintain militias, which were the predecessors of today's Army National Guard.

Army Families Can Be Ready

By Margaret Funkhouser

Both the Department of the Army (DA) in Washington, D.C. and the United States Army Reserve Command in Atlanta want Army Families to be a Ready Team!

In January, three 75th Division (Exercise) family volunteers attended the Core Trainer Course in Arlington, Virginia for Army Family Team Building. Pam Vincent, Azalie Holland and Margaret Funkhouser will be training for Army family volunteers over the next seven months in various U.S. locations. This time the students will become Master Trainers themselves and then be able to train other family members at their local installations and home stations.

There will be six training sights in the U.S. this year. Last year DA trained volunteers to instruct the three levels of information available through AFTB.

The 75th sent many volunteers to this training last year. New volunteers to the unit, who have been instructing any of the three levels who would like to become a Master Trainer, please contact Robin Smith at 713-799-7906. Azalie and Margaret have been in this program a long time and will be looking forward to others who are interested in continuing with this program. It's time they took a break!

We realize most of you who were trained at the Reserve Academies or AFTB Programs have not fully implemented the instruction you received.

There are many family members out there waiting to learn more about today's Total Army Family.

WHEN AND WHERE- On March 23rd from 11:00 to 2:00 (light lunch served), those interested, trained or untrained, should meet in the Classrooms A and B at the SGM Macario Garcia U.S. Army Center, 1850 Old Spanish Trail, Houston, Texas. This of course limits us to know only those living in the Houston Area (even if our soldiers drill elsewhere). We will get to work and make some plans happen.

Hopefully we will see classes beginning in Dallas, Oklahoma City, Beaumont, Fort Polk, Waco and wherever our families are.

WHO- AFTB is not limited to the Reserves. It can include the National Guard and Active Components in your area. We know the Recruiting Battalions plan to be there on March 23rd to help us round out our Army Family. We hope to recruit Guard Families and ROTC Families also.

AFTB is not limited to "female spouses". It includes male spouses, parents, children, brothers and sisters, close friends and significant others.

HOW- This networking necessary to keep families informed is only possible with volunteer effort. Our Monies have dried up but our needs have not. If you have ever wished you could become more involved and share in the commitment your soldier has, please give a little of our time to either help instruct or attend classes when the dates are announced.

United States Army Reserve Command Family Program Academies

The academies for the 75th Division (Exercise) families are in two areas

this year. Those who live in the Kansas and Missouri area may attend the 89th Regional Support Academy at the Lake of the Ozarks on 31 May-June 2nd. All others in the Division will attend one of two to be given by the 90th Regional Support Command. The first is May 3-5 in San Antonio, Texas. The other is not confirmed, but will probably be in New Orleans on July 26-28. If you would like to learn more about family programs in the Army Reserves and would return to your unit to use this information in your family program, please contact Robin Smith at (713) 799-7906. Space available on first come first serve basis, and deadlines must be met. Commitment to attending is very important.

Letter From the Editor

By MAJ Larry B. Boyd

My goal for the Bulletin is to make this paper something you and your family will look forward to receiving each quarter. We want this paper to represent all our units, not just Houston. With our limited staff it is hard to get around to all the units but we plan on scheduling some trips so we can see you in action.

I wanted to thank all of you who sent us articles this month. Until last month, the Public Affairs section consisted of only one, yours truly. I am happy to announce that Sergeant Saylor Whitten has joined the Public Affairs section. SGT Whitten is from Louisiana and is currently working on her Masters in Business Administration. I know that she will be a great asset for the PA section.

Please keep sending us Letters to the Editor, photographs, stories, and any suggestions on how we can improve the Bulletin to better serve you and your family. Thanks.

The Lighter Side

Actual radio conversation released by the Chief of the Naval Operations, 10-10-95

Station #1: Please divert your course 15 degrees to the north to avoid a collision.

Station #2: Recommend you divert YOUR course to 15 degrees to south to avoid a collision,

#1: This is the Captain of a US Navy ship. I say again, divert YOUR course.

#2: No. I say again, you divert YOUR course.

#1. THIS IS THE AIRCRAFT CARRIER ENTERPRIZE, WE ARE A LARGE WARSHIP OF THE US NAVY. DIVERT YOUR COURSE NOW!

#2. This is the **PUDGET SOUND LIGHTHOUSE. IT'S YOUR CALL.**

Pay Problem Hot Line- 800-390-1530 Ext 7238